



# Pentagram

Online version, Vol. 2, No. 13 April 1, 2021

home.army.mil/jbmhh

Published For Joint Base Myer-Henderson Hall

## Observance pays homage to women who have served since country's founding

By Catrina Francis  
**Pentagram Editor**

On Wednesday, Joint Base Myer-Henderson Hall honored women who have served in the military during a virtual Women's History Month observance.

JBM-HH Commander Col. Kimberly Peeples said the observance was about celebrating the contributions, sacrifices and accomplishments of women who not only helped shape the nation but the military as well.

"Each year the Department of Defense pays tribute to the women who through steadfast determination and inspirational contributions have shaped America's history and continue to pave the way forward," said Peeples.

Peeples pointed out that Women's History Month originated when Congress passed Public Law that authorized and requested the president proclaim the week beginning March 7, 1982 as Women's History Week. In 1987, after a petition by the National Women's History Project, Congress passed Public Law 100-9 that designated the month of March 1987 as Women's History Month.

"In the 21st century, the military has seen many female military firsts from West Point cadet leadership to Marine Corps Winter Mountain Leader's Course," she said. "The women of the United States Armed Forces continue to make strides in their respective branches and occupations. We celebrate those who have paved the



Screenshots by Emily Mihalik

Sgt. Maj. Christal Rheams sings "A Lovely Day" while Swamp Romp plays during the JBM-HH's virtual Women's History Month observance Wednesday.

way for the servicewomen of this millennium."

JBM-HH Command Sgt. Maj. Matthew Majeski said that in 2016 all military occupational specialties became open to women.

"The best qualified are now afforded the opportunity to serve," he said.

Lt. Gen. Laura Richardson, the commanding general of U.S. Army North (Fifth Army) and the former commander on Fort Myer before it became a joint base, said the observance was about celebrating the richness and diversity of women's achievements—achievements that date back to the Revolu-

tionary War. She said many fought alongside their husbands and some even disguised themselves as men.

"A lot has changed since then," said Richardson. "In 1993, Jeannie Leavitt became the Air Force's first female fighter pilot. In 2008, Ann Dunwoody became the first woman in the United States military and uniformed services history to achieve a four-star (general) officer rank. In 2014, Michelle Howard became the first female four-star admiral in the United States Navy."

Richardson added that Marian Wright Edelman, the Children's

Defense Fund founder and president, once said, "You can't be what you can't see." "The aforementioned pioneers have shown us what you can be," Richardson said. "They have left us a blueprint to encourage and empower the next generation of young women aspiring to be anything they want to be. As we continue to celebrate Women's His-

tory Month, I encourage you to make history."

Brig. Gen. Amy Hannah, the chief of Army public affairs, said this year's observance theme is "Valiant women of the vote, refusing to be silenced." She said this theme honors the brave women who fought to win suffrage rights for all women who continue to inspire all who have served the nation in key leadership positions that make a difference.

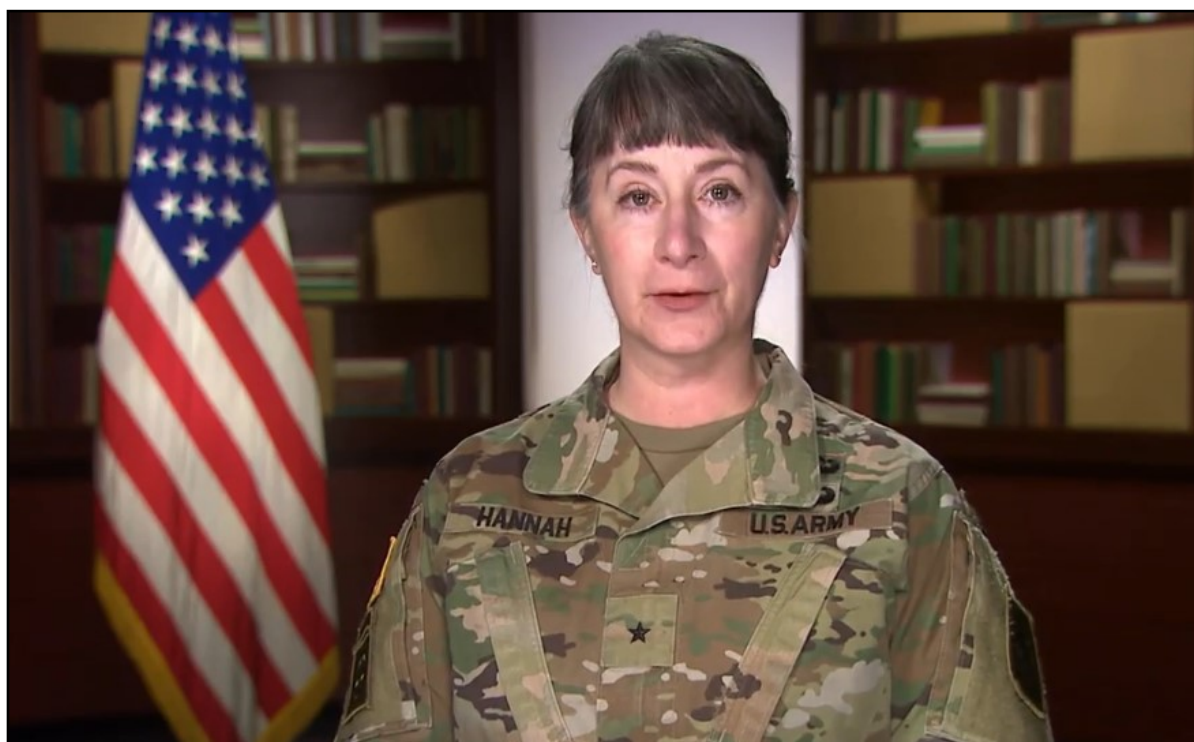
Hannah added that today's women are Soldiers, Army civilians, veterans and Family members who are critical members of the Army team.

"The strength of the Army comes from its diversity, developing and maintaining qualified demographically diverse leadership (that) is critical for mission effectiveness and is essential to national security," explained Hannah.

Hannah said women have more opportunities than ever in the armed forces. She pointed out that about 18% of the total Army is female, and all positions in the Army are open to women.

"We know when women succeed America succeeds," Hannah said. "The strength of our nation ... makes it possible for every citizen to contribute to our growth and prosperity."

Pentagram editor Catrina Francis can be reached at [catrina.s.francis2.civ@mail.mil](mailto:catrina.s.francis2.civ@mail.mil).



Brig. Gen. Amy Hannah, the chief of Army Public Affairs, speaks during the virtual Women's History Month Observance Wednesday.



# Army & Air Force Exchange Service celebrates Month of the Military Child in April

## AAFES

The Army & Air Force Exchange Service is committed to making life better for military communities — including our youngest heroes. The Exchange is celebrating the 2021 Month of the Military Child with virtual events, activities, games and giveaways at <https://www.flickr.com/photos/aafespa/50999004554/in/dateposted/> throughout April.

“Military children are often likened to dandelions because they blossom wherever they land,” said Air Force Chief Master Sgt. Kevin Osby, the Exchange’s senior enlisted advisor. “The Exchange honors and celebrates the resiliency of military children with Month of the Military Child activities.”

Protecting the military community remains the Exchange’s No. 1 priority, and stores are ensuring safe, sanitized and secure environ-



ments for shoppers of all ages. Military children are also invited to participate safely in virtual Exchange events throughout April at [ShopMyExchange.com/momc](https://ShopMyExchange.com/momc).

Military children 17 and younger can receive a limited-edition iron-on patch celebrating military brats as well as a coupon for a free treat at participating Exchange restaurants. Shoppers can contact their local Exchange for dates, times and details. The Exchange is also giving away more than 70 prizes in 16 sweepstakes, including more than \$8,000 in Exchange gift cards and the hottest games and toys. Authorized shoppers 18 and older can visit [ShopMyExchange.com/sweepstakes](https://ShopMyExchange.com/sweepstakes). Military Families can find details on all Month of the Military Child events — as well as coloring pages, themed recipes, video drawing and more by visiting the Exchange’s community Hub at [ShopMyExchange.com/momc](https://ShopMyExchange.com/momc).

“Military children serve too and make their parents’ missions possible,” Osby said. “The Exchange salutes our youngest warriors.”

# Easter Sunday



## JBM-HH hours of operation

The following services are confirmed open Easter Sunday. **Services not listed, including the post Exchange and all gyms, are closed Easter Sunday.** Please call before visiting services not listed. To comply with CDC social distancing guidance, services at Memorial Chapel are only open to those who registered in advance.

Services confirmed open:

- Commissary: 8 a.m. to 6 p.m.
- Myer Express: 8 a.m. to 6 p.m.
- Panda Express : 10:30 a.m. to 4 p.m.
- Henderson Hall MCX, NEX and Vineyard: 10 a.m. to 6 p.m.
- Henderson Hall Barbershop: 11 a.m. to 3 p.m .

## Our values, always

# HONORABLE SERVICE ♦ TRUST ♦ STEWARDSHIP

## Pentagram



The Pentagram is an authorized publication for members of the Department of Defense. Contents of the Pentagram are not necessarily the official views of the U.S. Government, the Department of Defense, the Department of the Army, Department of the Navy, or Joint Base Myer-Henderson Hall. The content of this publication is the responsibility of the Joint Base Myer-Henderson Hall Public Affairs Office.

Col. Kimberly A. Peebles  
Commander  
Command Sgt. Maj. Matthew Majeski  
Command Sergeant Major  
Julia Simpkins  
Interim Public Affairs Director

Julia Simpkins  
Command Information Officer  
Catrina Francis  
Editor  
Emily Mihalik  
Graphic Artist



## Pinwheels represent experts' wish for happy childhoods

By Diane Waters and  
Laurie Laszakovits  
New Parent Support Program

Along with flowers, April brings the celebration of Child Abuse Prevention Month. As Joint Base Myer-Henderson Hall celebrates, you are likely to see pinwheel gardens in front of the church and blue ribbons embracing the trees on the bases. Pinwheels represent the happy childhood that we wish for all children and the blue ribbons represent the 3.2 million reports of abuse each year.

The number of children affected by child abuse are staggering; five children die every day from child abuse and 1 in 7 children have experienced some form of abuse in their lifetimes. How do we prevent child abuse? One of the ways to prevent child abuse is through education. One of the core parenting education programs on JBM-HH is the New Parent Support Program.

The New Parent Support Program educates new parents with children up to age 3 (Army) and age 5 (Marines) on child development, tantrums, positive discipline, newborn care, breastfeeding, postpartum depression and provides connections to support services as needed. During non-Covid-19 times, the New Parent Support Home Visitor visits families in their homes. Currently, the JBM-HH home visitors are visiting virtually and facilitating a virtual play morning.

Another way to prevent child abuse is to make our communities

aware of child abuse so that they will act, ask more questions and offer help when they see a child in need. It is more important than ever that if you see something, say something. You could save a life.

### Adjusting and Overcoming

It has been more than a year since the pandemic sent waves of panic into our lives. In order to decrease the likelihood of getting Covid-19, we have made many changes — having food and other items delivered, teleworking and virtually learning from our homes, and postponing or even cancelling events such as weddings, graduations and sports games. When we do venture into public spaces, we are wearing masks, sanitizing our hands and staying 6 feet away from others. Our community has discovered ways to adjust and overcome many obstacles during the past year. One adjustment that we have been able to make here at JBM-HH is starting a virtual playgroup.

The JBM-HH New Parent Support Program has been offering the virtual play morning every Thursday since November via the WebEx Platform. Although this group is not the same as the in person play groups of the past, we have had success in serving our military Families — safe at home while providing a much-needed space for new parents and for parents of

young children. Our format is short and simple — introductions, singing songs, story time and an intention for the week but our impact has been important to the Families.

Danielle, a U.S. Army spouse with two young children wrote, “We love how the group gives us a weekly activity to look forward to and the fun songs and story time. Also, I love how it provides us with a sense of community and support.”

Sarah, a U.S. Air Force spouse and new mom sent us this comment that read, “The Fort Myer-Henderson Hall New Parent Support Program has a wonderful play morning for children (birth) to 5 (years old) Thursday mornings at 10 a.m. As a new mother of a 7 month old, I have participated weekly in this playgroup for months. My son absolutely loves it! We spend time singing with the

children, reading stories and learning about developmental stages. Laurie and Diane are absolutely wonderful to work with. They are so kind to the parents and the children. It has been a great opportunity for me and my son to spend time with other children and other new parents as well. I recommend it, as it is a fun experience to look forward to each week.”

Because being at home alone with children can feel very isolating, having a group with other parents to meet with can be a lifesaver in times like these.

We know that there are many Families who would benefit from joining our weekly playgroup. Studies have shown that parents who are engaged with their community and have family or other support systems in place, are at a lesser risk of child abuse and neglect.



Photo by in.gov

April is Child Abuse Prevention Month. This occasion provides advocates across DOD a chance to raise awareness of community efforts to stop child abuse and neglect.

## Presidential Salute Battery conducts crew drills



Photo by Sgt. Gabriel Silva

On Tuesday Soldiers of the Presidential Salute Battery, 1st Battalion, 3d U.S. Infantry Regiment (The Old Guard) conducted blank fire crew drills as part of their routine training on Joint Base Myer-Henderson Hall. The platoon demonstrated their capabilities to Maj. Gen. Omar J. Jones IV, commanding general, Joint Force Headquarters - National Capital Region and the U.S. Army Military District of Washington and his command team.



# Commission begins 90-day look into sexual assault among military members

By C. Todd Lopez  
DOD News

The independent review commission charged with looking into sexual assaults in the U.S. military kicked off its 90-day investigation March 24 with an online meeting for the highly qualified experts and leads for the commission's four lines of effort.

During a press briefing at the Pentagon, commission chairperson Lynn Rosenthal explained the importance of the IRC's mission and what it's been asked to do.

"The charge of the independent review commission is to make this broad assessment and then make recommendations to the secretary of defense and ultimately to the president," she said. "These people will be deliberating on those recommendations. I don't expect an in-the-weeds view of 150 policies that should be tweaked around the edges. That is not what we are about. We are about looking at major shifts and big picture items that could really change the culture, improve care for victims, bring about evidence-based prevention and hold offenders accountable."

Secretary of Defense Lloyd J. Austin III announced the creation of the commission in a Feb. 26 memorandum to Defense Department leaders.

"Sexual assault and harassment remain persistent and corrosive problems across the total force," wrote Austin. "I expect every member of our total force to be part of the solution and leaders — both civilian and military — across the Department to take direct accountability to drive meaningful change."

In the memorandum, Austin ordered the establishment of the 90-day "Independent Review Commission on Sexual Assault in the Military," which he said supports the president's efforts to address sexual assault and harassment in the military.

Sexual assault has been a problem in the U.S. military for many years. The services have been trying to solve the problem for decades now. Rosenthal said she believes the IRC will have a new take on the issue and will be looking at new aspects of the problem to try to find a solution that works.

"I think what we'll be asking: what hasn't been tried, what happens in civilian society

that is a best practice that we could try on the military side, and then what are the unique attributes of the military environment that (allow) us to do things that we can't do on the civilian side," she said. "I think that these folks that we're bringing in will be looking at this with fresh eyes. I also think that what makes this moment in time different are the words of President (Joe) Biden and Secretary Austin who have both said that all options should be on the table — and one of those is carefully examining the role of command in decisions to refer cases to prosecution. We will be assessing that very carefully."

According to the IRC's charter, signed by Deputy Defense Secretary Kathleen H. Hicks, the commission will focus on evaluating military policies, programs and processes related to sexual assault. It will also review and assess the best practices from industry, academia and other organizations.

Finally, the IRC will generate recommended policy changes and proposals to improve prevention efforts in the services.

Making all that happen will be four IRC working groups focused on each of four lines of effort during the 90-day look into sexual assault in the U.S. military. Those lines of effort include accountability, prevention, climate and culture, and victim care and support.

According to the charter, each working group will be led by full-time highly qualified experts who will develop their insights and observations from meetings and discussions with subject matter experts and stakeholders both inside and outside the military. Rosenthal said a lot of effort went into choosing the 12 individuals who will be involved in the working groups and who will develop the insights and recommendations the IRC will put forth to the secretary and president.

"This group is impressive," she said. "It's made up of two civilian prosecutors, including one who served eight years in the Army (Judge Advocate General's) Corps; prevention specialists; two West Point grads who have gone on to have distinguished careers in the service; civilian advocates; experts in gender integration; one of the first female Super Cobra attack pilots in the Marine Corps and experts from (Veterans Affairs) and the Centers for Disease Control and Prevention. So, we took the time to get the right group of people to engage in these deliberations."



Photo by Senior Master Sgt. Roberta Thompson

Air Force Tech Sgt. Rebecca Willemstein, 138th Security Forces Squadron, and Breanna Ault, Student Flight, place teal-colored ribbons near high-traffic areas to bring awareness of the campaign to eliminate sexual assault within the military.

## Wearing a mask that fits tightly to your face can help limit spread of the virus that causes COVID-19

In lab tests with dummies, exposure to potentially infectious aerosols decreased by **about 95%** when they both wore tightly fitted masks

Cloth mask over medical procedure mask

Medical procedure mask with knotted ear loops and tucked-in sides

Other effective options to improve fit include:

Mask fitter

Nylon covering over mask

[CDC.GOV](https://www.cdc.gov)

[bit.ly/MMWR21021](https://bit.ly/MMWR21021)

MMWR

4





*Photo by Staff Sgt. Jonathan Pietrantonio*

Spc. Ying Chen, a New York National Guardsman, prepares a dosage of Pfizer-BioNTech COVID-19 vaccine at the Camp Smith Training Site Medical Readiness Clinic, New York, Dec. 18, 2020. The New York National Guard is administering 44,000 doses of the Pfizer vaccine to front line medical personnel at 16 locations around the world as part of a pilot program.

## Entire force may be vaccinated for COVID-19 by early summer

By C. Todd Lopez  
**DOD News**

Defense Department officials have said the department will be ready to offer COVID-19 vaccinations to all eligible beneficiaries by May 1, in keeping with a White House announcement that on that date, all Americans will be able to get vaccinated if they want to.

“We are committed to contributing to the president achieving his goal of 200 million shots in 100 days,” said Acting Assistant Secretary of Defense for Health Affairs Dr. Terry Adirim during a briefing Friday at the Pentagon.

Lt. Gen. Ronald J. Place, director of the Defense Health Agency said that depending on the rate at which the DOD can get vaccines, and the uptake rate — that’s the number of personnel who step forward to get vaccinated — it’s possible that by early summer, every person in the DOD could be vaccinated.

“Based on the projections that

we have, both supply side and vaccination side, we do fully expect to be open to all ... of our DOD eligible populations on or before the first of May,” Place said. “At current uptake rates for those who want to get it, we think by the middle of July or so ... the department will be vaccinated.”

Place said right now that the military health system is administering COVID vaccine at 343 sites around the world. Also, he said, there are almost 3,000 military personnel providing vaccination support to Federal Emergency Management Agency-led community vaccination sites around the country.

“A special thanks goes out to our superbly trained enlisted medical forces carrying out these responsibilities with compassion and with distinction,” he said.

Within the department, Place said, more than 600,000 service members from all three components have gotten at least their first COVID-19 vaccine.

“I want to use this opportunity to thank every service member who has gotten vaccinated,” said Adirim. “They are not only protecting themselves but they’re also contributing to the safety of their teammates, their Families and their communities.”

Right now, there are three COVID-19 vaccines available. Those include vaccines from Pfizer and Moderna, both of which have cold-storage requirements, and both of which require two injections. The Johnson and Johnson vaccine requires only a single shot, and has no cold-storage requirement.

All three vaccines are effective, Place said, but the single-shot Johnson and Johnson vaccine has been beneficial for use in austere environments.

“Every single one of these vaccines are shown through rigorous clinical trials to be safe and effective,” he said. “The ... unique advantages to this third vaccine is first it doesn’t require that cold

chain requirement and second only requires one dose, all of which make its efficacy ... the actual effectiveness at the operational force to be greater. So we think this is a better vaccine for the circumstances in those austere environments.”

Adirim said she hopes that more service members will step forward to take whatever COVID-19 vaccine is eventually offered to them because doing so is the key to getting the nation back on track.

“Vaccination is one critical part of getting our country back to normal, along with continued testing and adherence to public health measures like masking and social distancing,” Adirim said. “We just can’t let up at this point. Our DOD personnel have done a phenomenal job. I’m very proud of all of them. We’ve administered more than 1.8 million shots within DOD and more than 5 million shots have gone into arms by military service members in support of the FEMA mission.”





## The persistent widow

By Chaplain (Lt. Col.) Scott Koeman  
TACOM Chaplain

Luke 18 1-8: 1, Then Jesus told his disciples a parable to show them that they should always pray and not give up. He said, "In a certain town there was a judge who neither feared God nor cared what people thought. And there was a widow in that town who kept coming to him with the plea, 'Grant me justice against my adversary.' For some time he refused. But finally he said to himself, 'Even though I don't fear God or care what people think, yet because this widow keeps bothering me, I will see that she gets justice, so that she won't eventually come and attack me!'" And the Lord said, "Listen to what the unjust judge says. And will not God bring about justice for his chosen ones, who cry out to him day and night? Will he keep putting them off? I tell you, he will see that they get justice, and quickly. However, when the Son of Man comes, will he find faith on the Earth?"

It is a most desperate place to be in life, when you have nobody to turn to except a judge. I have been there. I am sure you have been there also. You begin to wonder if there is a great plan that some architect put together to ruin you. You wonder if you can trust anyone at all. If you ever find yourself there, it is likely that it is because of one of two reasons. One, you did something that you should not have and you are bearing the consequences. Two, you

did nothing and you are simply an innocent victim. Jesus will extend grace and mercy to those of us deserving consequences so long as we repent and turn to him. He will never leave or forsake us as long as we humbly turn to him. However, in this passage he is speaking to those who are innocent victims.

The Lord Jesus is assuring us of two things in this passage — if we have faith in him. One, God will hear us when we pray to him. And two, he will bring justice.

When you and I are in a saving relationship with Jesus Christ, we know first, and foremost, that our life is not our own any longer. We know we belong to him. We are born again and are his child. He loves us and cares passionately for us. He wants what is best for us, even if we don't understand it fully. Know that your prayers are heard. Know that your prayers will be answered. Know that you will not be forgotten. Time will pass. Events will take place, but with faith you and I will "hope in the

Lord (and he) will renew (our) strength." Isaiah 40:31.

There is enormous comfort in knowing that the Lord hears us and cares for us. I have never been disappointed or let down. That said, when I look back I can say that the timeline of "justice" was not my timeline. God's timeline is rarely close to ours and that is a good thing. His is always far superior. He knows what he is doing. In the interim period, he grows us. He molds us. He even tests us.

Never does he abandon us.

Are you experiencing desperation like the widow? Turn to the Lord. Have faith! Don't look back and don't give up. Expect justice. And whatever you do, do not take matters into your own hands or walk out on the Lord. When your trial, tribulation or difficulty is over, you will see clearly, without all the emotion, that his promise is true.



**JBM-HH Religious Services are back up and running on a weekly basis at Memorial Chapel. Attendance is limited to no more than 50 personnel in the chapel, so individuals must register to attend.**

**To view service updates, please visit the Religious Support Office Facebook page at <https://www.facebook.com/jbmhhrrso/> or email the Religious Support Office at [usarmy.jbmhh.usag.mbx.memorial-chapel@mail.mil](mailto:usarmy.jbmhh.usag.mbx.memorial-chapel@mail.mil). Services are subject to cancellation in the event of inclement weather.**

**To register for Catholic Mass, contact the Catholic coordinator by email at [info@jbmhhmcc.com](mailto:info@jbmhhmcc.com).**

**Catholic Mass  
Protestant Service  
Gospel Service  
Samoan Service**

**Saturday at 5 p.m. and Sunday at 8:30 a.m.  
Sunday at 10:30 a.m.  
Sunday at 12:30 p.m.  
Held the first Sunday of every month at 2:30 p.m.**

**The RSO now streams the following Sunday services via the JBMHH Religious Support Facebook page:**

**Catholic Mass 8:30 a.m.  
General Protestant 10:30 a.m.  
Gospel Service 12:30 p.m.**





**ABLEnow**

ABLEnow is April 15 from 11:30 a.m. to 12:30 p.m. ABLEnow is a new way to save, invest and pay for qualified disability expenses. Eligible individuals can save without endangering certain means-tested benefits critical to their health and well-being. ABLEnow accounts are made possible by the Achieving a Better Life Experience Act, which authorized states to establish tax-advantaged savings programs for individuals with disabilities and their Families. To register, visit <https://www.eventbrite.com/e/ablenow-tickets-142933364541>.

**Virtual play morning**

On Thursdays, from 10 to 10:30 a.m. virtual

play morning will be held virtually on Webex. For more information and to register, call (703) 859-4891 or (703) 614-7208. Join the JBM-HH New Parent Support Program every Thursday morning for sing-along-songs and story time for preschool children up to 5 years old.

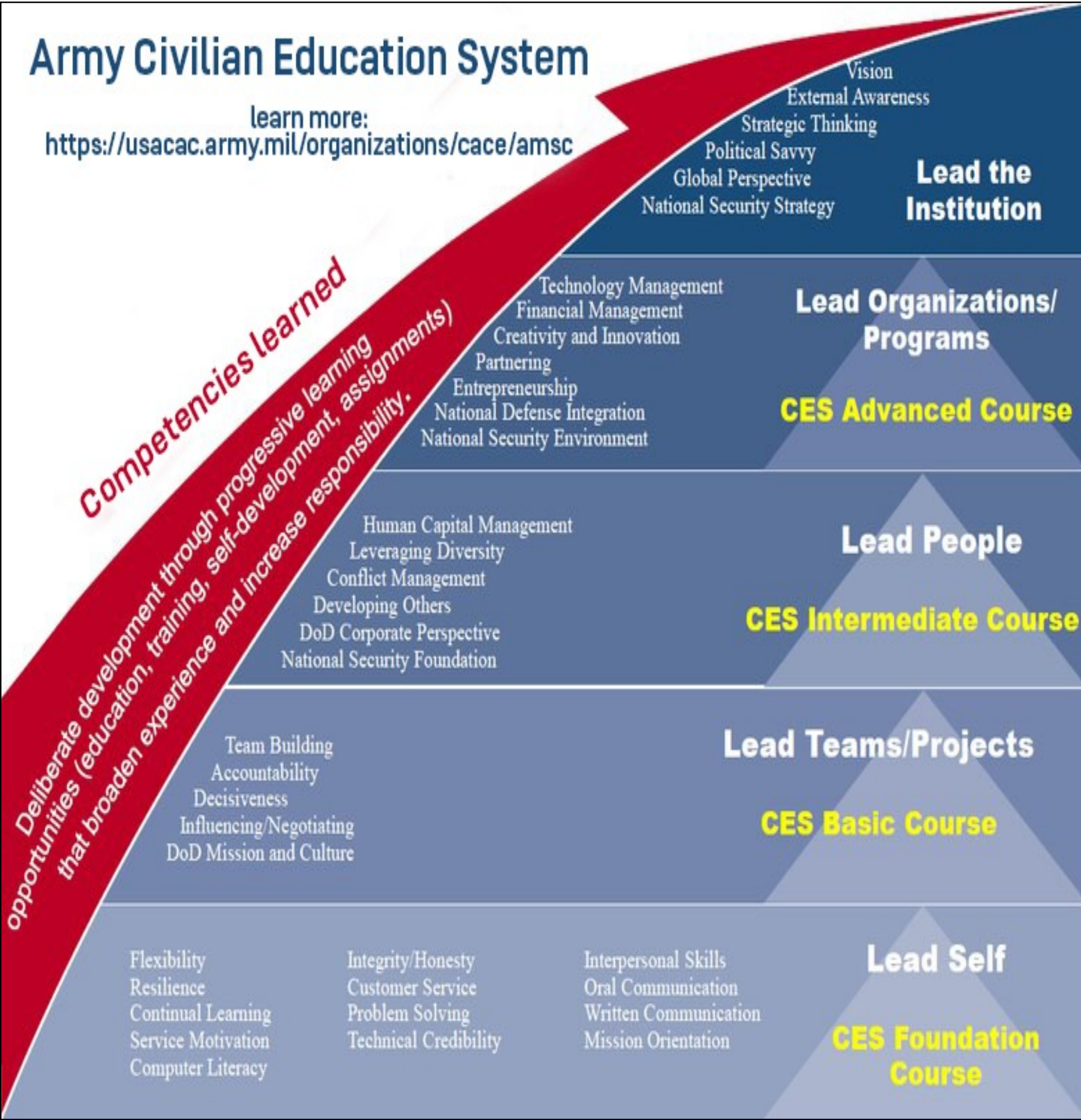
**Baby bundles**

Baby bundles, which is available by request, prepares the home and relationship for the changes that are needed when the baby arrives. A brief overview of the labor and delivery process, newborn care and baby proofing the home will be discussed. Individuals will receive a gift bag of free baby care and safety items. Registration is required. For more infor-

mation or to request training, call (571) 550-9052.

**ACS YouTube channel**

JBM-HH Army Community Service has announced a newly created YouTube channel that provides classes and information videos, all under 30 minutes, to assist participants on topics such as stress management and marriage enrichment. To see the videos, visit the YouTube site at <https://www.youtube.com/channel/UCnTcKDomPZeXmvnYddOIQkg>. and click “Subscribe” and continue to receive resources available whenever.





# Warrant officer continues breaking barriers in Army aviation maintenance

By Staff Sgt. Erica Jaros  
715th Public Affairs Detachment

When Chief Warrant Officer 4 Melinda Herder enlisted in the Army in 1985, she had three choices — administrative assistant, parachute packer, and avionics mechanic. After talking it over with her father, who was in the Navy, she chose to become an aviation mechanic.

“At the time I went through my advanced individual training, there were two females (who) I remember(ed),” she said. “The other female in class with me ... was a few years older than I was, so she became a big sister to me and really watched out for me during that time. We are friends to this day.”

As an aviation mechanic, Herder repaired and installed electronic electrical equipment on helicopters. After four years of active duty, she transitioned to the District of Columbia National Guard.

“I was able to bring my experience and knowledge from active duty and perform the same job at the (DCNG) Army aviation support facility,” Herder said.

“Within a year, I was hired as an electronics mechanic full time.”

Herder has continued to advance in her career through aircraft transitions and additional training, leading her to take on supervisory roles as a senior non-commissioned officer.

“That was my goal,” she said. “I had not thought about going any further than becoming a sergeant first class. A warrant officer encouraged me to submit a warrant officer candidate package, and it took off on its own. Next thing I know, I was in school being pinned.”

Along with becoming a warrant officer came new opportunities in leadership. She was recognized for

her abilities in her career field and as a leader.

“Up until 2018, I was the allied shop supervisor,” said Herder. “I was then selected to perform as the maintenance officer of the facility, which is huge. I’m managing 10 aircraft — six UH72 (Lakotas) and four UH60 (Black Hawks).”

For the past 2 1/2 years, Herder’s fully mission capable rate has been well above the standard. When she was assigned as the maintenance officer, she was given a month to improve the program. After observing the team, she went back to the basics of maintenance and made subtle changes in efficiency and accountability. Not only did the team meet standards after 30 days, but they were also achieving a 96% fully mission capable rate at six months.

“A whole year and a month (later), for about five weeks we were reporting a 100% fully mission capable rate,” Herder said. “That’s unheard of. I think that put the D.C. Guard’s aviation maintenance program in the top 10% of the 54 states and territories.”

Herder is not deterred by challenges. She understands things can be frustrating, but it’s how you respond that builds your character. One of the best pieces of advice she has received during her career helps her tackle problems.

“One of my commanders said to me once, ‘It’s OK to have the problems and to cry and complain about whatever those problems are, but once you bring the problems, you think about the solutions, too,’” Herder said. “That really stuck with me.”

Education means a lot to Herder, military and civilian. She has completed a two-year degree in electronics engineering and is



Photo courtesy of Chief Warrant Officer 4 Melinda Herder  
Chief Warrant Officer 4 Melinda Herder, District of Columbia National Guard, stands with helicopters on the flight line at Davison Army Airfield on Fort Belvoir, Virginia. Herder is the facility maintenance officer at the D.C. National Guard Army Aviation Support Facility.

working on a four-year degree in aviation management. She also recently completed her intermediate-level education for the military.

Throughout her 35-year career, Herder has been a pioneer for women in aviation maintenance. She has proven she is capable of

not only doing the job but also leading others. Although there are still very few women in the field, she sees a bright future.

“I think it will change in the future,” she said. “More women are studying science and math. We just have to make it available to them, and give them the confidence.”

## AER Q1 UPDATE:

**7,000**

**Soldiers assisted**

**\$10M**

**Assistance**

**Most common categories: Housing, Utilities, Vehicle Repair**

**Did you know?**

**\$700K**

**Donations**

**\$100K+**

**AAFES Point-of-Sale Donations**



## Basic Skills Education Program Virtual BSEP Classes Open Now!

How would you like to:

- Increase your GT Score?
- To improve job performance?
- Increase reenlistment options
- Prepare for more advanced schooling?

**April 6-26  
May 10-28**



For more information scan the QR code and see our Facebook page for contact info





# Department of Defense revises several force health protection measures

By Military Health System Communications Office

In line with recent updates from the Centers for Disease Control and Prevention, the Department of Defense has revised several force health protection measures. The measures include guidance on quarantine and testing for DOD personnel and close contacts who have been fully vaccinated against COVID-19, deployment and redeployment guidance, reaffirmation of DOD mask use and additional updated guidance focusing on protecting all DOD personnel.

Dr. Terry Adirim, acting assistant secretary of defense for health affairs, said the changes to DOD/Military Health System policy not only align with the White House and CDC, but also serve as one more step back to normalcy.

“These Force Health Protection changes demonstrate our continued commitment to our 9.6 million beneficiaries, and to maintaining a medically ready force,” said Adirim. “These FHPs demonstrate the DOD’s continued effort in battling COVID-19, while ensuring our service members are prepared to defend the nation.”

The measures are as follows:

**Force Health Protection 15** - Focusing on testing, the biggest change in this guidance is related to quarantine and associated testing requirements for vaccinated close contacts who meet CDC criteria.

“When the close contact is an individual vaccinated with a Food and Drug Administration authorized COVID-19 vaccine under emergency use authorization, quarantine and testing for close contacts is not required if the individual is fully vaccinated and up to date with the latest vaccine guidance, and has remained asymptomatic since the current COVID-19 exposure,” explained Col. (Dr.) Jennifer Kishimori, director of chemical, biological, radiological and nuclear medical countermeasures policy in the Office of the Assistant Secretary of Defense for Health Affairs.

**FHP 16** - Focuses on deploying and redeploying personnel with an added exception for testing prior to air travel from the United States to a foreign country. The exception is based on



Photo by Air Force Senior Airman Thomas Karol  
Airmen from the 721st Aerial Port Squadron walk into a C-17 Globemaster III aircraft at Ramstein Air Base, Germany, Feb. 2. Department of Defense guidance said masks are to be worn on DOD transportation assets and at DOD hubs.

previous full recovery from COVID-19 infection.

This measure also adds an assessment of prior COVID-19 infection and vaccination status to the DOD pretravel screening process and clarifies that the head of an office of the secretary of defense component or the secretary of the military department may, if host nation agreements allow, decrease restriction of movement.

There is also an added requirement for pretravel testing prior to arrival in the United States for redeployment from a foreign country and added exceptions to pretravel testing based on CDC allowance for travelers on military airlift and for those who have fully recovered from COVID-19.

**FHP 17** - Reaffirms DOD mask use guidance consistent with CDC guidelines, including wearing masks on DOD transportation assets and at DOD hubs.

**FHP 18** - Includes significant changes that focus on commanders and supervisors protecting personnel in workplaces including:

- Improved guidance for providing safe workplaces and work schedules with a primary focus on maintaining safe distancing between personnel.
- Clarification of the procedures for DOD personnel with COVID-19 symptoms and for personnel exposed to COVID-19 from “close contact” with individuals who have contracted COVID-19.
- Updates to information collection requirements for COVID-19-positive personnel in the workplace.

“The military health system will continue to provide our service members and military commanders with appropriate force health protection guidance to ensure they have the most current information during this global pandemic,” Adirim said. “The latest force health protection guidance provides our service members and frontline commanders with the most current information during this global pandemic and will continue to evolve as more Americans receive the vaccine.”

### Mitigating Factors

Best Practices

- Complete AT Level I training within the last 12 months.
- Be cognizant of surroundings at all times and knowledgeable of high crime areas to avoid
- Avoid large crowds. If you find yourself in the middle of civil unrest, leave the area immediately, avoid offensive, insulting, illegal, or unethical behavior – do not react
- Lock unattended vehicles, look for tampering, vary travel routes and times, do not pick up hitchhikers
- Remove all valuables from vehicles and secure lodging - Utilize safes if available
- Do not give lodging information to strangers
- Non-Duty Hours: Wear only civilian clothing and travel in groups of two or more individuals
- Report all suspicious activity to the appropriate law enforcement entity with a follow-on report to the Operations Center

## Force Protection Smart Card

### Contact information:

- Provide a Government Cell Phone contact number. If possible, do not give your personal cell phone number out
- Groups at the hotel should use a single contact number for all members staying at the location

### Use of Military ID:

- Unless necessary, do not identify your affiliation with the military or DoD when checking in; use a drivers license or other government identification instead of a military ID
- Avoid use of rank or military addresses on tickets, travel documents or hotel reservations

### Hotels

### Traveling

#### Traveling to and from duty location:

- When possible, change the route traveling to duty locations
- When possible, change the route traveling back from duty locations to the lodging
- Report suspicious activity

#### When traveling off duty:

- Change the route traveled to commonly visited areas
- Plan safe locations along your route.
- At all times, keep your doors locked
- Alternate parking places at hotels and commonly visited areas

### WiFi:

- Avoid using public WiFi, to include Starbucks, Hotels, Restaurants, etc. Use a VPN if you must use public WiFi. Free VPN applications include: BetterNet™, Hotspot Shield™, TunnelBear™, ProtonVPN™, PotatoVPN™

### Social Media:

- Avoid posting personal telephone numbers and emails
- Secure your online profile by making it private
- Do not discuss operational details on social media

### Cyber Awareness

### Cell Phone Usage:

- Turn off location services while at duty location
- Stay off social media while in transit and at duty locations
- Limit communications by text messages, specifically to family members and other service members. Use encrypted chat applications when available. Encrypted chat applications include: WhatsApp, Line, Viber, Kakao Talk, Threema, Google Hangout, Slack.
- Reduce the amount of phone calls – only make calls for duty reasons or emergencies

### Cell Phones

### Guard information:

- Limit discussion and accessibility of any information (written and verbal) that may provide insight for targeting
- Always use secure means when passing sensitive information
- Destroy identifiable information

### Personal Security:

- Destroy all items that show your name, rank or other personal information
- Avoid providing strangers with personal information
- Secure all personal items in hotel rooms and avoid leaving personal documents in plain sight
- Use hotel room safe whenever possible

### General Security

### Duty Locations:

- Consider wearing civilian clothing when transiting to and from duty locations

### Off Duty:

- Avoid traveling in uniform when possible
- When not on a military installation, wear civilian clothing while in commonly visited places
- Avoid wearing unit specific PT clothing while working out

### Uniforms

### Threat Levels

- LOW**  
Indicates little or no credible evidence of a threat to the DOD asset or immediate area of the asset
- Moderate**  
Indicates a potential threat to the DOD asset or the immediate area where the asset is located
- SIGNIFICANT**  
Indicates a credible threat against the DOD asset or the immediate area where the asset is located
- HIGH**  
Indicates an imminent threat against the DOD asset or the immediate area where the asset is located

Joint Base Myer-Henderson Hall

"America's Post"

9



# News Notes

## JBM-HH virtual town hall

The next JBM-HH Virtual COVID-19 Town Hall is set for 1 p.m. April 8 with JBM-HH Commander Col. Kimberly Peebles and Rader Health Clinic Commander Lt. Col. Jessica Milloy. Town halls occur biweekly Thursdays at 1 p.m. on the JBM-HH Facebook page.

Go to the JBM-HH Facebook page to ask questions in advance. Individuals may also ask questions anytime by contacting the public affairs office at [usarmy.jbmhh.asa.list.pao-all@mail.mil](mailto:usarmy.jbmhh.asa.list.pao-all@mail.mil).

## Death notice

Anyone with debts owed to or by the estate of Spc. Travis M. West, 289th Military Police Company, 4-3 Infantry, Joint Base Myer-Henderson Hall, VA 22211 must contact 1st Lt. Peter Chapin, the summary court-martial officer for the Soldier. West passed away March 13. Chapin can be reached at (540) 319-3269 or at [petter.s.chapin.mil@mail.mil](mailto:petter.s.chapin.mil@mail.mil).

## Calling all trombonist

The United States Army Band “Pershing’s Own” presents the 2021 American Trombone Workshop Saturday. The workshop has become one of the largest annual events for trombone professionals in the world and has gone virtual for 2021. This year’s workshop will feature online events throughout the day with leading performers and educators. To participate in this virtual experience, visit the band’s Facebook page at [www.facebook.com/usarmyband](http://www.facebook.com/usarmyband).

## Clinic answers COVID-19 questions

Rader Clinic has developed a public service announcement to address all the frequently asked questions about the COVID-19 vaccine being administered by the clinic. Please take a moment to view this important video, where a person can meet the Rader Health Clinic team and educate him or her about the vaccine to protect loved ones and the community.

Please access the following link to view the video at <https://www.facebook.com/jbmhh/videos/861733764381647>.

## Army fitness centers expand hours of operation

The Forts Myer and McNair gyms are now open Monday through Friday for DOD ID cardholders. All patrons must wear masks at all times in all JBM-HH gyms, to include during active exercise. Occupancy at both gyms is limited to 50 patrons at a time on a first-come, first-served basis.

The Myer Fitness Center is open weekdays from 5 to 7:30 a.m., 11 a.m. to 1 p.m. and 4 to 6 p.m. The McNair Fitness Center is open Monday through Friday from 5 to 10 a.m. The Patton Hall Pools remain closed. The Smith Gym is open to active duty Monday

through Friday from 5:30 to 9 a.m., 10 a.m. to 2 p.m. and 3 to 6 p.m. On weekends, Smith Gym is open to active duty from 8 to 11 a.m. and noon to 2 p.m. The locker rooms have reopened for active duty only. Zembiec Pool is closed due to an issue with the dome heating system in the facility. Updates will continue to be shared at the JBM-HH Virtual COVID-19 Town Halls and at [www.facebook.com/jbmhh](http://www.facebook.com/jbmhh).

## Face covering policy updates

As previously reported, the joint base has been following the secretary of defense’s face mask guidance requiring all individuals on JBM-HH to wear face masks at all times in accordance with the most current CDC guidelines. Individuals must wear face masks continuously while on JBM-HH, with some exceptions.

A memorandum from senior Military District of Washington Commander Maj. Gen. Omar Jones provides additional guidance and exceptions to policy that address service members performing ceremonial duties, band member rehearsals and performances, personnel speaking in a formal capacity and personnel conducting official Army physical testing events. Exceptions address residents and those conducting outdoor physical activity on base. Installation residents may remove masks while in personally owned vehicles with members of their own household and while in their private yard with members of their own household. Masks will be worn in community areas such as playgrounds and parks.

Guidance includes clarity on how the policy applies to outdoor physical activity. Individuals may remove masks while actively conducting physical training outdoors. Individuals will maintain 6 feet of separation from other individuals who are not members of their immediate family. If conducting physical fitness in a group and physical distancing of 6 feet of separation cannot be maintained, a mask is required. Physical activities include cardiovascular development, muscular strength/endurance development, and low intensity outdoor activities (ex. dog walking).

This policy will continue to be updated, and updates will be provided on PAO’s platforms, including the JBM-HH website, Facebook page and at JBM-HH Virtual COVID-19 Town Halls.

## Army Emergency Relief scholarship opportunities

The Army Emergency Relief Maj. Gen. James Ursano Scholarship Program is a need-based scholarship program established to assist children of Army Soldiers in obtaining their first undergraduate degree. Applicants may receive assistance for up to four academic years but must meet eligibility cri-

teria and reapply each year.

Award amounts vary each year based on the number of applicants, total approved scholarship budget, the expected family contribution found on the Free Application for Federal Student Aid Report, and the average cost of attendance of a college or university in the United States, provided by the College Board. The application cycle runs through Thursday. For more information, visit <https://www.armyemergen-cyrelief.org/scholarships/child/>.

## Virtual SHARP training

There is nothing more important than the welfare and readiness of our people, the people of the National Capital Region and its population of military and civilian forces.

Fiscal year 2021 sexual harassment, assault response and prevention refresher training is open to all assigned to the National Capital Region. This training reasserts the importance for leaders and the chain of command in providing quality, relevant training and education to improve and sustain positive organizational climates that emphasize Army values and treat everyone with dignity and respect.

If someone needs support at any time, reach out to the DOD Safe Helpline by calling (877) 995-5247. The 24/7 Safe Helpline is anonymous and confidential.

## MilFam Market

The USO now holds a MilFam Market the third Thursday of every month from 11 a.m. to 1 p.m. at the JBM-HH Community Center. Service members, Families, veterans, retirees, reservists, National Guard and those with base access are welcome. Please contact Dencil Harrison by email at [dharrison@usometro.org](mailto:dharrison@usometro.org) or Carla Moss at (703) 655-6091 for additional information.

## Local Jewish services

The Fort Belvoir Jewish Congregation host Saturday services and religion education opportunities for Families.

For information about Saturday services and programs at Fort Belvoir, contact the Jewish coordinator, Sara Astrow by email at [saralyn.astrow.ctr@mail.mil](mailto:saralyn.astrow.ctr@mail.mil) or phone at (703)-806-3393.

## Thrift shop open by appointment

The Fort Myer Thrift Shop has reopened to the joint base community. The current hours of operation for the store are 10 a.m. to 1 p.m. Tuesday and Thursday. Customers are required to make an appointment prior to visiting. Appointments can be made by calling (703) 527-0664 or messaging the store’s Facebook page at <https://www.facebook.com/Fort-Myer-Thrift-Shop-287383261306759>. Customers can visit the shop’s Facebook albums

for a preview of the shop’s inventory.

## Army civilian education

The Civilian Education System is a progressive and sequential leader development program that provides educational opportunities for Army civilians throughout their careers. CES provides multiple levels of civilian development to include:

**Foundation Course** for all grades hired after September 2006

**Basic Course** for general service employees GS-01 through 09, general service employees GS-10 through 12

**Advanced Course** for general service employees GS-13 through 15.

**Continuing Education for Senior Leaders** for general service employees GS-14 and 15.

Action Officer Development Course, Organizational Leader Development Course, Manager Development Course, Supervisor Development Course for all supervisors, Supervisor Development Course-Executive Level .

Currently, all Civilian Education System courses will be delivered in a virtual format through June 30. They may resume face to face classes beginning in the fourth quarter; however, if safety conditions do not warrant, classes will continue to be delivered virtually.

Individuals can find additional information at <https://usacac.army.mil/organizations/cace/amsc> including instructions on how to apply via CHRTAS. If employees have questions or need assistance registering, they may contact at [kathryn.k.feehan.civ@mail.mil](mailto:kathryn.k.feehan.civ@mail.mil) or (703) 696-3520.

## Civilian leave assist

JBM-HH Directorate of Emergency services employee Marla A. Curry, Directorate of Public Works employees Huey Vample, Wanda Scott, Lisa Barnes and Johanna E. Martinez, Directorate of Operations, have been approved to receive leave under the Volunteer Leave Program. Department of the Army civilian employees who would like to donate annual leave can fill out form OPM630a, “Request to Donate Annual Leave to Leave Recipient Under the Voluntary Leave Transfer Program (Within Agency),” at [www.opm.gov/forms/pdf\\_fill/opm630a.pdf](http://www.opm.gov/forms/pdf_fill/opm630a.pdf). Annual Leave to Leave Recipient Under the Voluntary Leave Transfer Program (Outside Agency),” at [www.opm.gov/forms/pdf\\_fill/opm630b.pdf](http://www.opm.gov/forms/pdf_fill/opm630b.pdf).

Please be sure to populate the form with the recipient’s name specifically. Send completed form to Maribel Rodriguez at [maribel.rodriguez.civ@mail.mil](mailto:maribel.rodriguez.civ@mail.mil).

For federal government civilian employees outside the Department of the Army who would like to donate annual leave, please complete form OPM 630b, “Request to Donate.